

Encounter with Self - ABOUT 113:00 (54:45)

Summary of Changes to the CPO O&M in order to conduct a 3RE (Restore, Rekindle, Renew Enrichment)

Those who are rewriting their personal sharings in order to lead a Restore, Rekindle, Renew Enrichment will obviously wish to carefully check wording that refers to Weekend, tomorrow, hotel, check out, etc., but in general alterations come at the beginning and end.

In the new Section I, Warm Welcome and Review, the Lay couple shares a warm welcome, a speedy review of nuts and bolts (especially if there are changes with snacks or space), and a reminder that the Q&A time is coming up. If you are not the same presenters as in the first session, you will introduce yourselves. The Clergy then divide up a review of the highlights and progress of the first session. This might take on a "hiking/adventure" theme, as the first session "packed their backpacks" with some tools and warm-ups for the journey, as they talked of ways to free themselves of distractions and were introduced to the concept of feelings and how to share them. They were prepared for a week of dialoguing at home.

Section II is also new, a Q&A that will occur at every subsequent session. It is led by CL and/or CS. Be prepared to read and answer any questions in the jar and ask:

- How has your week gone?
- What new things have you learned?
- What questions do you have?

Section III provides an encouraging transition into the current session, and can include an opening prayer, as before.

Sections IV and V remain unchanged except for the addition of a sample dialogue by the Lay couple in VE. This models the coming dialogue on "What behavior of mine positively affects our relationship? How do I feel sharing this with you?" Basically the Lay couple will introduce the sample dialogue, quickly running through the points taught in XI. of Welcome, Introduction, and Feelings or as summarized in the traditional Weekend O&M, section VIC, and then will read aloud their two letters before giving the couples 10:00 to write their own reflections IN PLACE. The Lay couple then demonstrates the verbal portion of dialogue and gives the couples 10:00 to do theirs in their private space. (Obviously some travel time will be incurred. Time allotted to this entire sample dialogue is 35:00.) If writers need further instruction on how to do such a sample dialogue, they should look back at the O&M sections for Feelings.

The completely new Section XI, "Motivation to return," is shared by the Clergy couple to inspire prepare the couples for their "homework," to review the way they can stay connected with each other and the presenters, and provide a teaser for the next session. Again, language about journeys and climbing might be used. (Being in the foothills doesn't allow us to see very much yet.)

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The PDA homework is given with motivation to keep up these stretching exercises. Step 2 of the Seven Steps to Couple Prayer is explained -- praying a simple written or well-known prayer together, holding hands, sitting side by side. Remind them of your eagerness to stay connected with and accessible to them until the next session.

Invite them to bring a wedding photo with them next week.

Think of ways to pique their interest in the content of the next session. This might include that we will look at our romance, and how it may not be what it used to be but there's hope - because we will be learning tools for better listening.

Then close with a prayer and blessing and instructions depending on whether you are inviting the couples to leave right away, to retrieve children in the childcare area, to stay for snacks, etc.